



# September 2022

**Penny Fahey**

**FC Wellness Program**

**307-709-7887**

**[Fremontcounty.wellness@gmail.com](mailto:Fremontcounty.wellness@gmail.com)**

**[www.fremontcountywellness.com](http://www.fremontcountywellness.com)**

## **In case You Missed It: Hello Again from Penny!**

I am back to manage the wellness program again, but temporarily while the hiring process continues for a new manager. So, let's get these logs going again!

Logs for July, August and September will be due by October 7th. I will keep you updated in the event a new manager is hired, and I will be working closely with him/her to make sure all paperwork is recorded and incentives are paid on time.

Hopefully, you have been keeping track of your blood pressure or physical activity on your own logs since July. You are welcome to turn-in these, or complete the program logs (like this one) like you did in the olden days. I will accept both.

### How To Turn In Logs

1. Fax them securely: 307-215-1010
2. If you email them, it is important to know the emails are not encrypted so your personal health information is not protected. The program's email is [fremontcounty.wellness@gmail.com](mailto:fremontcounty.wellness@gmail.com).
3. Mail Them:  
Penny Fahey  
1212Raintree Drive, Unit K216  
Fort Collins, CO 80526

I live in Fort Collins now and I will not be in Fremont County to collect logs in person or check the lockbox outside of Bookkeeping, so your logs will not be collected if you place them there.

Please contact me with questions!

- Call or Text: 307-709-7887
- Email: [fremontcounty.wellness@gmail.com](mailto:fremontcounty.wellness@gmail.com)
- Check for logs on [fremontcountywellness.com](http://fremontcountywellness.com)


## **Premium Reduction Season Returns in September**

**Stay tuned for news on how you can complete your premium reduction form this year. We may have to be a little creative on getting the forms done, but we can do it!**



NAME: \_\_\_\_\_ DEPT.: \_\_\_\_\_

- **Physical Activity:** On the calendar below, record your physical activity in minutes, steps, or miles and record the total after each week to figure your monthly grand total. OR
- **Blood Pressure:** Take your blood pressure at least once per week and record it on the calendar below.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>September</b>				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

<u>Steps</u>	Monthly Total	Average Equivalent	<b>* BP Category</b>
<b>Wow!</b>	240,001 - 360,000+	10001 - 12000+ steps @ 6 - 7 days/week	
<b>In The Zone</b>	100,001 - 240,000	5001 - 10000 steps @ 5 - 6 days/week	
<b>Getting Stronger</b>	48,001 - 100,000	3001 - 5000 steps @ 4 - 5 days/week	
<b>Great Start!</b>	36,000 - 48,000	1000 - 3000 steps @ 3 - 4 days/week	
<u>Miles</u>	Monthly Total	Average Equivalent	<b>Normal</b> less than 120 less than 80
<b>Wow!</b>	115.1 - 171 + mil	4.9 - 5.7+ miles @ 6 - 7 days/week	<b>Elevated</b> 120-129 less than 80
<b>In The Zone</b>	60.1 - 115 mil	2.5 - 4.8 miles @ 5 - 6 days/week	<b>Stage 1</b> 130-139 80-89
<b>Getting Stronger</b>	22.1 - 60 mil	1.5 - 2.4 miles @ 4 - 5 days/week	<b>Stage 2</b> 140 or higher 90 or higher
<b>Great Start!</b>	7.5 - 22 mil	0.5 - 1.4 miles @ 3 - 4 days/week	<b>EMERGENCY</b> Higher than 180 Higher than 120
<u>Minutes</u>	Monthly Total	Average Equivalent	
<b>Wow!</b>	1081-1800+ min	46 - 60+ min @ 6 - 7 days/week	
<b>In The Zone</b>	601-1080 min	31 - 45 min @ 5 - 6 days/week	
<b>Getting Stronger</b>	321-600 min	21 - 30 min @ 4 - 5 days/week	
<b>Great Start!</b>	120-320 min	10 - 20 min @ 3 - 4 days/week	